OUR MISSION

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

We will have achieved our mission when:

1. The cause and cure for multiple sclerosis are identified in the shortest possible time.
2. People with MS have the opportunity to participate fully in all aspects of life.
3. The Canadian public is fully aware of MS, the MS Society and what it does.
4. All necessary activities of the MS Society are adequately funded.
5. The volunteers and staff of the chapters, division and national organization are working together effectively towards our common mission.
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FOREWORD

This guide provides Fraser Valley residents with a list of recreation opportunities that are adapted and/or accessible for those living with MS and/or disability. The purpose of this publication is to increase access to active living and exercise opportunities in the community for persons with MS.

Physical exercise is an important part of every healthy lifestyle, including the lifestyles of people living with MS. Physical exercise provides everyone with the benefits of reducing blood pressure, assisting weight control, achieving a healthy lifestyle, and reducing stress. For those with MS, physical exercise that is adapted to your needs and abilities can help:

- Improve strength, posture and mobility
- Lessen fatigue: Ensure the physical activity is suited to your comfort level and ability
- Improve mood, self-confidence, and general well-being
- Improve sleep, appetite, and cognitive functioning
- Create opportunities for new social outlets
- Decrease chances of secondary illness
- Improve quality of life
- Improve or maintain the level of independence of the person with MS. Exercise is especially beneficial as it provides support from your peers and a reason to get out of the house.

This publication comprises a wide variety of activities for all ages, skill levels, and abilities. While not every physical activity in this guide will be suitable for you, we hope you come across opportunities that will allow you to achieve a healthier, more independent lifestyle.
Additional Resources

The following resources aim to educate people with MS on the benefits of exercise and how you can create an effective exercise/fitness plan suited to your needs and abilities.

- The MS Society of Canada has information and resources on how to meet the Canadian Physical Activity Guidelines for people living with MS. There is a Get Fit Toolkit fitness tips, Get in Motion free physical activity counselling, fitness planning sheets, and more. [https://mssociety.ca/hot-topics/exercise-and-physical-activity](https://mssociety.ca/hot-topics/exercise-and-physical-activity)

- The MS Society of Canada publishes “Everybody Stretch”, a step-by-step program to help individuals with MS design unique, adapted exercise regimes for themselves. Exercise regimes are created under the supervision of a health professional. The publication is written by a nurse who has been involved in MS care for over 20 years. [http://mssociety.ca/en/pdf/EverybodyStretch.pdf](http://mssociety.ca/en/pdf/EverybodyStretch.pdf)

- The Physical Activity Line (PAL), is British Columbia's primary physical activity counseling service. The PAL is a free phone line and online resource for active, healthy living. They will provide health screening, resources, individual fitness programs, and help find suitable fitness programs in your community. Qualified exercise professionals are available to prescribe exercise to people of all ages and abilities, including those with chronic medical conditions. Call: 1-877-725-1149 or visit, [http://www.physicalactivityline.com/](http://www.physicalactivityline.com/)

- The National Multiple Sclerosis Society (of the United States of America) also provides information on MS and exercise. Visit their website for information on specific physical activities like yoga and tai chi; for guides on exercise and MS; and for articles on exercise and MS. [www.nationalmssociety.org/exercise](http://www.nationalmssociety.org/exercise)
How to Read This Guide

This Adapted and Accessible Recreation and Leisure Guide is comprised of a wide variety of recreation opportunities in the Fraser Valley with some located in the Lower Mainland Area. View the Table of Contents for a full overview of the listings in this publication.

The organization of this guide is as follows:

- Each community/section is designated a letter. For example, “Abbotsford” is letter A, and “Mission” is letter B.
- Each recreation listing falls under the letter of their community, and is designated a number. For example, the second listing in Abbotsford is “A-2”.
- Each recreation listing is formatted using this template (note: information varies according to the information made available by the organization/recreation facility):

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<tr>
<th>Letter - #</th>
<th>Organization or Program Name</th>
</tr>
</thead>
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<td>Address</td>
</tr>
<tr>
<td>Phone:</td>
<td>Number</td>
</tr>
<tr>
<td>Email:</td>
<td>Email address</td>
</tr>
<tr>
<td>Web:</td>
<td>Website URL</td>
</tr>
</tbody>
</table>

This section beneath the contact information contains a description on the organization/recreation facility, the contact information and/or the programs it offers. If there are multiple components to a listing, the components are put into an alphabetized list, and immediately follow the principal listing.
DISCLAIMER  The MS Society of Canada does not endorse any particular activity or organization. All listings are for reference only. In addition, while this guide aims to be comprehensive, it is not exhaustive and should not be considered as such.

Some of the individuals identified in this document have approached the MS Society in order to share information and services in their area of professional practice. Some may have a past history and knowledge of working with individuals with MS, while others may not. The MS Society does not endorse the services any of these individuals, but wishes to pass along this information for your consideration.

Not every activity listed in this guide will be suited to you, and not every activity in this guide is tailored specifically to the needs of persons with MS. Always consider the severity and extent of your MS and of any related symptoms when choosing a physical activity for yourself. It is recommended that people with MS consult a healthcare professional before starting a new exercise regime, and again during a relapse, when it might be necessary to reduce or stop exercising. It is also recommended that you call the recreation facility or organization to confirm that the activity you are considering is appropriate for you.
ABBOTSFORD

A-1  City of Abbotsford - Parks, Recreation and Culture

Address: 32315 South Fraser Way, Abbotsford  
Phone: 604-859-3134  
Email: prcoffice@abbotsford.ca  
Web: http://www.abbotsford.ca/leisure/parks_recreation_culture.htm

The Parks, Recreation and Culture Department is responsible for all City-owned recreational facilities and activities. The Abbotsford Recreation Department also offers many programs and services.

There are 4 divisions to Abbotsford’s Parks, Recreation, and Culture department:

a) Recreation – responsible for recreational facilities and activities.

b) Culture – responsible for Arts and Heritage opportunities, which are facilitated in collaboration with many community groups including the Cultural Centre Society, MSA Museum Society, and the Abbotsford Arts Council.

c) Parks – design, development, maintenance, and operation of all city parks.

The City of Abbotsford has the following recreation centres: Abbotsford Recreation Centre and Matsqui Recreation Centre. Program guides are available seasonally on the Abbotsford Parks and Recreation website.

a) Abbotsford Recreation Centre

Address: 2499 McMillan Road, Abbotsford  
Phone: 604-859-3134  
Email: prcoffice@abbotsford.ca  
Web: http://www.abbotsford.ca/leisure/recreation.htm

The following are low-impact/low-intensity available at the Abbotsford Recreation Centre that might be suitable for those with limited mobility:
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
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</thead>
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<tr>
<td>Yoga for Injury and Chronic Pain</td>
<td>When recovering from injury or on going pain, such as, fibromyalgia and arthritis our body needs special care and attention. Yoga for Injury and Chronic Pain helps you to cope with pain and other symptoms, like depression, that come with the healing process. This class will give you tools and techniques for making the journey back to health.</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>This class is a gentle form of yoga. Our instructor will take you through movements sitting in a chair or standing using the chair for support. The chair takes away the difficulty of having to get up and down off the floor. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation.</td>
</tr>
<tr>
<td>Get Up &amp; Go</td>
<td>This class is an entry level exercise program for seniors with balance and mobility impairments. It is a safe class designed to improve strength, balance and coordination as well has functional ability, independence and quality of life. Please contact Fraser Health Fall and Injury Prevention at 604-587-7866 for referral information.</td>
</tr>
<tr>
<td>Together in Movement and Exercise (TIME)</td>
<td>TIME is an exercise program tailored to benefit persons with neurological conditions after discharge from formal rehabilitation. This circuit exercise program is in partnership with Fraser Health and is overseen by BCRPA registered instructors.</td>
</tr>
<tr>
<td>Adult and Teen Swim Basics</td>
<td>A program specific for Adults and teens that can include swimming skills and water safety. Ideal for those who are new to the pool or for those who would like to improve their swimming skills. Participants choose what swimming skills they would like to develop.</td>
</tr>
</tbody>
</table>

b) Matsqui Recreation Centre

**Address:** 3106 Clearbrook Road, Abbotsford  
**Phone:** 604-855-0500  
**Email:** moffice@abbotsford.ca  
**Web:** [http://www.abbotsford.ca/leisure/recreation/facilities.htm#MRC](http://www.abbotsford.ca/leisure/recreation/facilities.htm#MRC)

This community center offers a wave pool swimming pool (with zero entry), skating, fitness, senior centre and community programming. Aquatic fitness and group fitness classes are offered, as well as public skate drop-in.
c) Abbotsford Recreation Centres – Accessibility Assistance
Web: http://www.abbotsford.ca/leisure/recreation/customer_care.htm

The Parks, Recreation & Culture (PRC) Subsidy Program provides full-time Abbotsford residents who are in financial need, and who meet the necessary criteria, with admission to any indoor City of Abbotsford recreation facility, plus the potential for a discount, as approved by City Council, for specific recreation programs. Applicants must meet the low-income threshold, and must provide proof of net household/family income through Revenue Canada Notice of Assessments, along with their Goods and Services tax (GST) Credit and BC Low Income Climate Action Tax (BCLICAT) Credit Notice.

The PRC Special Needs Access Program provides full-time Abbotsford residents, who have permanent disabilities as confirmed by a physician, with a 50% discount on recreation centre drop-in admissions and memberships. For complete details, please contact the Parks, Recreation & Culture Office at 604-859-3134.

A-2 Abby Yoga Studio (Previously Eileen's Studio for Yoga & Wellness)

Address: 2545 McCallum Rd., Unit 3, Abbotsford
Phone: 604-504-5531
Email: eileen@abbyyogastudio.com
Web: http://abbotsford-yoga-studio.com/

Eileen’s studio offers Lyengar Yoga classes that are famous for their emphasis on proper alignment with the use of props as teaching aids. Alignment of the bones and joints leads to better balance with less stress on the muscles. In this way, we gain more stability with less effort. Proper alignment improves circulation, creates inner space (literally in the joints), and brings a balanced flow of energy through the whole body, which leads to health and well-being. The studio offers a Gentle Yoga Class: A slow paced class thats great for beginners, seniors or people with back or hip problems.
A-3 **Parallel Yoga**

**Address:** Suite 106 - 1900 North Parallel Road  
**Phone:** 604-746-4070  
**E-mail:** info@parallelyoga.ca  
**Web:** www.parallelyoga.ca

Parallel Yoga is Abbotsford’s premier yoga studio, offering a wide variety of classes accessible to everyone. They are committed to providing quality instruction in an atmosphere where you will feel connected, respected, inspired, and above all, not judged. The studio offers several classes, including: Stretch – A class for all levels, suitable for anyone looking to stretch in a gentle manner with simple postures, Yin – gentle stretching and healing of connective tissues, rather than the conditioning of the muscles.

The studio offers an introductory rate of $35 for two weeks of unlimited yoga, as well as a Senior (60+) rate of 10% of all packages.

Here are some classes that are adapted/low impact that may be suitable for people with mobility issues: Hatha Gently, Restorative Movement, Restorative, and Yin Fusion

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A-4 **Together in Movement and Exercise (TIME) Program**

**Location:** Abbotsford Recreation Center  
2499 McMillan Road, Abbotsford  
**Phone:** 604-853-4221  
**Program Times:** Wednesdays and Fridays 1:00-2:00 pm

The TIME program is developed by the University of Toronto’s University Hospital Network organization. The program is aimed at increasing the balance and mobility of adults with chronic diseases or disabilities. Participants must be able to walk independently for 10 meters (30 feet) with or without the use of a walking device. TIME program is run independently through various community organizations throughout Canada. Registration fees vary from each program. To register for the program or to find out more information, contact your local organization.
B-1  City of Mission – Parks & Recreation and Culture

Address: 7650 Grand Street, Mission
Phone: 604-820-5350
Fax: 604-826-4396
Email: leisureservices@mission.ca
Web: http://www.mission.ca/municipal-hall/departments/parks-recreation-and-culture/

The Mission Parks, Recreation and Culture Department offers a wide variety of activities for individuals, the family and community organizations. Mission provides many ways to be active; this can be seen in the facilities they provide. Leisure Center, Sports Park or the countless parks and picturesque trails are available in Mission BC.

Mission provides FREE admission to recreation facilities for 1 attendant supporting a person with a disability.

Program guides are available seasonally on the Mission Parks and Recreation website. The following are low-impact/low-intensity Mission Recreation programs that might be suitable for those with limited mobility:

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<thead>
<tr>
<th>Program</th>
<th>Description</th>
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<tr>
<td>Aquafit</td>
<td>With your body weighing half as much as it does on land and water providing 12 times the resistance of air, you can wake-up those water logged muscles without inhibiting the body’s range of motion. This class incorporates some cardio and strength without jumping or impact.</td>
</tr>
<tr>
<td>Low Impact</td>
<td>Open to anyone who prefers an exercise program with limited jumping movements and lower stress on the joints.</td>
</tr>
<tr>
<td>Seniors Chair Exercise</td>
<td>Get a great workout. Suitable for those with mobility issues, arthritis &amp; fibromyalgia. Taught by a certified professional. Contact 604-814-2188.</td>
</tr>
<tr>
<td>Stretch &amp; Strength</td>
<td>This class will strengthen your muscles while improving your endurance, balance and flexibility. All of these are core aspects of fitness for those 50+ years. Research has proven that these exercises will improve your ability to continue living independently.</td>
</tr>
</tbody>
</table>
Water Wellness
Specifically designed for people with a limited range of motion. An ideal beginner class, suitable for people with arthritis, osteoporosis plus pre/post natal. Held in the warm pool to help increase flexibility in stiff joints.

Mission Providing Leisure All Year (PLAY) Program


The PLAY (Providing Leisure All Year) Pass Program is administered by the Parks, Recreation & Culture Department to provide Mission residents on limited income with the opportunity to participate in basic parks, recreation and culture activities at no cost.

The PLAY Pass Program provides qualified applicants with an Admission Card which offers free admission to a maximum of 52 swimming, skating, weight room and/or fitness drop-in sessions per year and a maximum of 12 free child minding sessions per year through the Play Care Program.

To be eligible for the PLAY Pass Program applicants must be a resident of Mission for a minimum of 3 months and fall into one of the two categories:

- On income assistance through the Ministry of Housing and Social Development or the Federal Social Development Program
- Low Income as defined by the Statistics Canada Low Income Thresholds but not receiving income assistance through the Ministry of Housing and Social Development or the Federal Social Development Program

To apply, complete the application form and submit to Mission Parks and Recreation Department along with a copy of your income information.

B-2 Mission Seniors Activity Centre

Address: 33100 10th Avenue (at Talbut), Mission
Phone: 604-814-2188
Email: info@missionseniorscentre.com
Web: [http://www.missionseniorscentre.com/](http://www.missionseniorscentre.com/)

The Mission Seniors Activity Centre provides seniors, 50 and over, with the opportunity to lead an active and healthy lifestyle. They offer numerous programs that include
activities such as art classes, card tournaments, dancing and recreation classes. The Centre provides a place for seniors to socialize and share experiences and enables them to become an active and supportive member of the community. Membership to the Seniors Activity Centre is $10 per year.

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**B-3 Iron Lotus Yoga & Spa**

**Address:** 7331 Grand Street, Mission  
**Phone:** 604-302-8114  
**Email:** info@ironlotusyoga.com  
**Web:** [http://www.ironlotusyoga.com/](http://www.ironlotusyoga.com/)

Classes consist of a series of postures, balance, breathing and relaxation. All levels are welcome. Classes are excellent for stress relief, weight loss, core strength and an overall sense of well-being.

Iron Lotus Yoga has offered the Student/Senior (60 & over) discounted rate of 30 days unlimited yoga and meditation for $84, to those living with MS. This discount must be requested in-person or through email, prior to payment.

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**B-4 Mission Friendship Centre Society**

**Address:** 33150A First Avenue, Mission  
**Phone:** 604-826-1281  
**Website:** [http://www.mifcs.org/](http://www.mifcs.org/)

The Mission Friendship Centre Society has provided services and programs to the community of Mission for 40 years. The centre was established to meet the needs of people of aboriginal and non-aboriginal decent who are making a transition from rural, remote and reserve life to an urban environment. They provide over 400 unique and culturally specific programs about prevention, early intervention, and support for children, youth families, and elders. Counselling information, guidance and referral services are also provided.

Programs are open to all cultures in the community:

- All programs are FREE of charge
- Community Kitchen- provides members of the community one hot meal daily from Monday-Friday
- Community Health Program
• Elders Outreach
• Family Place
• Leaders of the Future
• Outreach Worker Program
• Ongoing Workshops and Special Events
• Thanksgiving and Christmas Dinners

B-5  **Unison Yoga**

**Address:**  8168 Kunimoto Court, Mission  
**Phone:**  604-302-8346  
**Email:**  tracy@unisonyoga.ca  
**Web:**  [http://www.unisonyoga.ca/](http://www.unisonyoga.ca/)

Modifications and variations are given throughout all classes to ensure everyone’s safety and enjoyment. All classes include breath work/pranayama, postures/asana and guided meditation/relaxation. Unison Yoga’s hope is that through their classes you will be able to learn more about your body, your breath and your spirit.

Classes offered include: Yogaflow and Hatha Yoga. A 5-week session costs $50.
Chilliwack has amazing recreational and leisure opportunities that enhance a vibrant lifestyle with a landscape that includes mountains, lakes, parks and trails combined with recreational facilities. A complete listing of community programs, groups and events is available through the Leisure Guide.

The City of Chilliwack has the following recreation centres: Cheam Leisure Centre & Chilliwack Landing Leisure Centre; skating rinks: Prospera Centre and Twin Rinks; and swimming pools: Rotary Pool.

Chilliwack Leisure Access Program

Residents living within the City of Chilliwack who have limited financial resources, are encouraged to apply for a Leisure Access Pass. This pass will allow the holder a price-reduced entry into the Chilliwack Landing Leisure Center, Cheam Leisure Centre or any City run public program offered at Twin Rinks Arena or Prospera Centre. LAP cards allow the card holder access to a 25% reduction from regular rate at Chilliwack Landing and Cheam Leisure Centres.

Leisure Access Program applicants must verify that they meet the financial criteria as outlined on the application form. Chilliwack residents can obtain application forms at the Parks, Recreation & Culture Department at Chilliwack City Hall, the Cheam Leisure Centre, the Chilliwack Landing Leisure Centre or online.
Chilliwack Landing Leisure Centre

Address: 9145 Corbould Street, Chilliwack
Phone: 604-793-7946
Web: www.chilliwack.com/main/page.cfm?id=46

The Chilliwack Landing Leisure Centre is located in downtown Chilliwack and includes an aquatic center, group fitness studio, weight room, and a cafe. The nearby family park includes a spray park for tots and a skateboard park. The aquatic center features a large family wave pool with play features and a lazy river, waterslide, two swirl pools, sauna, steam room, and an eight-lane 25 metre competition pool with a 1 meter diving board and adjustable shallow end floor. Child Minding is also available.

The following are Chilliwack Landing Leisure Centre programs and sports that are either a) adapted for persons with disabilities, or b) lower in impact/intensity for those with limited mobility:

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<tr>
<th>Program</th>
<th>Description</th>
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<tr>
<td>Aquafit Light</td>
<td>Aqua fit for all adults! This light class is a shallow water class that focuses on core stability, joint mobility, is less strenuous and one of the safest workouts available. Easy on the joints!</td>
</tr>
<tr>
<td>Aquafit-Shallow</td>
<td>The Aqua fit for everyone! This shallow water class is not only fun and effective, but also one of the safest workouts ever. Water workouts mean fewer injuries because your body is assisted by the water. Water also provides twelve times greater resistance than air so you can count on a great training effect. Everyone welcome!</td>
</tr>
<tr>
<td>Aqua Yoga</td>
<td>Ideal for those who cannot enjoy the benefits of land based yoga due to past injuries or those who just want to try something new! A combination of dynamic flowing movements and traditional yoga poses which help to lengthen and strengthen muscles while improving balance and coordination.</td>
</tr>
<tr>
<td>Cardio Light</td>
<td>This non-impact cardio class is designed for seniors or beginners to fitness. In this friendly atmosphere, participate in cardio, strength, and flexibility training, all to great music!</td>
</tr>
</tbody>
</table>
**Chair Yoga**
The chair replaces the yoga mat and becomes an extension of the body. The student is able to warm up the body safely and perform yoga poses with more support and stability. Poses are done seated on the chair or the chair is used for support during standing poses, forward and backward bends, side extensions, balancing, and leg and arm stretches.

**Sit and Be Fit**
This program is available for persons with disabilities, and also seniors to incorporate cardio, strength, balance and flexibility. For those who require assistance when attending a class: you can bring someone with you to classes, or if volunteers are available, they can assist you in-class.

**Yoga**
Link movement to breath in this class in flow sequences to strengthen and tone every part of the body, including the internal organs. The practice of these sequences will create heat in the body to purify through increased circulation and sweating.

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**C-3 Cheam Leisure Centre**

**Address:** 45501 Market Way, Chilliwack  
**Phone:** 604-824-0231  

This unique recreation complex features an aquatic centre, squash courts, weight room, and a double gymnasium. The outdoor play area includes a spray park for tots. The aquatic centre features a six-lane 25 metre competition pool with a 1 metre diving board adjoining a leisure area, a swirl pool, and a dry sauna. The weight room boasts the latest in machine and free-weight equipment. Fitness programs, swimming lessons and drop-in programs are offered at the Cheam Leisure Centre. The complex contains: squash courts, weight training room, fitness equipment, gymnasiums, 25-meter swimming pool with leisure pool, lazy river, hot tub and sauna. Child Minding is also available.

The following are classes that are considered to be adapted or low impact and may be suitable for people with mobility issues:
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquafit-Shallow</td>
<td>The Aqua fit for everyone! This shallow water class is not only fun and effective, but also one of the safest workouts ever. Water workouts mean fewer injuries because your body is assisted by the water. Water also provides twelve times greater resistance than air so you can count on a great training effect. Everyone welcome!</td>
</tr>
<tr>
<td>Sit and Be Fit! Express</td>
<td>This program is available for persons with disabilities, and also seniors to incorporate cardio, strength, balance and flexibility. For those who require assistance when attending a class: you can bring someone with you to classes, or if volunteers are available, they can assist you in-class.</td>
</tr>
<tr>
<td>Yoga</td>
<td>Link movement to breath in this class in flow sequences to strengthen and tone every part of the body, including the internal organs. The practice of these sequences will create heat in the body to purify through increased circulation and sweating.</td>
</tr>
</tbody>
</table>

**C-4 Inner Vision Yoga**

**Address:** 45638 Lark Road, Chilliwack  
**Phone:** 604-824-5555  
**Email:** innervisionspace@gmail.com  
**Web:** http://innervisionyoga.ca

The team at Inner Vision is a dedicated passionate group of yoga instructors who seek to maintain a high quality service. Classes are designed to be inclusive, safe and accessible to all. The journey and experience is entirely personal and therefore can be practiced with your specific needs or desires in mind. Your class is yours and the depth of intensity or ease is always available to access as you choose.

*Yoga for Seniors:* Gain flexibility, strength, balance, and find your inner peace, in a class geared towards seniors. This class focuses on deep breathing, meditation and simple Yoga positions. Suitable for all levels (chairs are available).

*Relax and Renew:* Indulge in some pampering with a relaxing, restorative practice. This class will take you deep into relaxation with gentle, supportive yoga.
Extra Gentle Hatha: Class focuses on grounding and supportive postures. Quiet, mindful movement allows force of gravity to take the body deeper into connective tissues and joints. Giving the mind and breath a chance to connect and enhance inner peace.

C-5  Prospera Centre
Address:  45323 Hodgins Avenue, Chilliwack
Phone:  604-702-0062
Email:  chilliwack@prosperacentre.com
Web:  http://www.prosperacentre.com/

Prospera Centre Chilliwack is a beautiful facility that offers two sheets of ice and seating for almost 5,000 on the primary sheet. Public skating is open to all ages and is accessible for people in wheelchairs. There are no adapted programs at this time.

C-6  Rotary Pool
Address:  46245 Reece Avenue, Chilliwack
Phone:  604-795-5562
Web:  http://www.chilliwack.com/main/page.cfm?id=222

Owned by the City of Chilliwack and operated by the Leisure Recreation Group, this outdoor pool offers public swimming, swimming lessons, and special events. The season runs from May to September.

C-7  Twin Rinks
Address:  5725 Tyson Road
Phone:  604-793-2904
Web:  www.chilliwack.com/main/page.cfm?id-102

Twin Rinks offer ice sports July- May and dry floor sports: lacrosse, ball hockey, & rollerblading mid-May – mid-July. Public skating is open to all ages and is accessible for people in wheelchairs. There are no adapted programs at this time.
C-8  **Chilliwack YMCA – Hocking Center Family YMCA**

**Address:** 45844 Hocking Avenue, Chilliwack  
**Phone:** 604-792-3371  
**Fax:** 604-792-7298  
**E-Mail:** chilliwack@gv.ymca.ca  
**Web:** [https://gv.ymca.ca/](https://gv.ymca.ca/locations/chilliwack/chilliwack-mountain/chilliwack-family-ymca-hocking-centre)

The Chilliwack YMCA is currently being rebuild and is closed. Minimal classes are still being offered at a remote site. There are no adapted classes available at this time. The new YMCA will open in summer 2018.

C-9  **Tai Chi Society of Canada**

**Chilliwack Branch**

**Address:** Suite 25 - 8635 Young Rd. (TeksMed Center), Chilliwack  
**Phone:** 604-795-4040  
**Email:** chilliwack@taoist.org  
**Web:** [http://pacific.canada.taoist.org/content/standard_ca_pacific.asp?name=Canada-Pacific-Home](http://pacific.canada.taoist.org/content/standard_ca_pacific.asp?name=Canada-Pacific-Home)

The Taoist Tai Chi Society of Canada is a volunteer-run, non-profit organization that operates in 26 countries around the globe. Its mandate is to allow people of all ages and health conditions to experience the many benefits of practicing Taoist Tai Chi. Taoist Tai Chi is a gentle art of health and well-being; its slow, graceful movements increase strength and flexibility while improving balance and circulation. People who practice Taoist Tai Chi commonly describe it as a genuine path to improved health and tranquility.

The Society operates several branches in the Fraser Valley: the Surrey Branch for Langley, and Aldergrove locations; and the Chilliwack Branch for Chilliwack and Abbotsford locations.

The Taoist Tai Chi Society of Canada offers Open Practice, Health Recovery (for special health needs), Beginners, and Continuing Classes to its members. Classes are typically 1-2 hours long.

To become a member there is an initial $20 registration fee. Contributions for monthly dues are welcomed. However, for those of low income or for those attending Health Recovery classes, the fee is reduced by application or by donation.
**D-1 District of Kent – Community Recreation & Cultural Centre**

Address: 6660 Pioneer Avenue, Agassiz  
Phone: 604-796-8891  
Web: [http://www.district.kent.bc.ca/lik-fitness.html](http://www.district.kent.bc.ca/lik-fitness.html)

The District of Kent is currently undergoing an expansion of the Community Recreation & Cultural Centre. The newly expanded facility will include a senior secondary gymnasium, two multipurpose rooms and a small kitchen. They estimate construction to finish in the fall of 2014.

An Economic Access Program has recently been established to help remove the financial barriers that may prevent participation in recreation programs. The program includes all age categories and the criteria to qualify is based on the Gross Annual Income cut offs for Rural Communities. Individuals/families must show proof of residency and either a Ministry of Employment Income Assistance Stamp or Notice of Income Tax Assessment, Child Tax Credit or other government approved documentation during a confidential interview. The program entitles members to annual discounts of 50% to District programs and facility pass purchases. Applications are available at the Municipal Hall, Agassiz Library, Agassiz Harrison Community Services and the Community Recreation & Cultural Centre.

The District of Kent issues a Spring & Summer Leisure Guide which you can find online or in the office. The following are recreation opportunities for people with disabilities or for people with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Super Gentle Yoga</td>
<td>Experience all the benefits of yoga while engaging in this inclusive, adapted class. All levels are welcome and no experience is necessary.</td>
</tr>
<tr>
<td>Get Fit</td>
<td>If you’re goal is to increase your range of motion, strength and daily endurance this class is a great place to start. It’s a great introduction to instructor led group fitness classes.</td>
</tr>
</tbody>
</table>
Upper Body Repair
Perfect for those with limited mobility in their upper body, this class works on gentle strengthening while improving range of motion in the neck, shoulders, arms, chest, and back. Benefits from the instruction of a registered kinesiologist who specializes in whiplash, frozen shoulder, rotator cuff, and chronic pain.

Health Rehab
Rehabilitate your health with this self-referred fitness prescription that introduces participants to cardiovascular exercise equipment in the weight room user guidance and supervision. The goal of this program is to help rehabilitate people with varied health concerns not limited to cardiovascular conditions. Health related factors will be self-tracked and monitored using an activity journal and an on-site Health Care Representative will conduct a periodic check-ins.

Aqua Fit
This low-impact, multi-level class is taught lengthwise across both the shallow and deep ends of the pool while sharing the length swim. Work your heart and your lungs as well as perform resistance exercises using the water and flotation devices. Beginners welcome.

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**D-2** District of Kent – Ferny Coombe Pool

**Address:** 6820 Pioneer Avenue, Agassiz  
**Phone:** 604-796-2451  
**Web:** [http://www.district.kent.bc.ca/lik-pool.html](http://www.district.kent.bc.ca/lik-pool.html)

A six lane, 25M seasonal outdoor pool is open for programming from May 5-September 1. Located in Centennial Park, the Ferny Coombe pool offers Mount Cheam as its natural backdrop and is the “coolest” place in town to enjoy the lazy days of summer. The pool offers aquatic fitness classes, swim lessons and drop-in swimming.

**Aquafit**
Join instructors for a fitness class in the pool. This one hour long multi-level class is taught across both the shallow and deep ends of the pool. Work you heart and lungs as well as perform resistance exercises using the water and flotation devices. Admission is $8.
D-3  Spirit Yoga & Wellness Center

Address: 476 Naismith Ave, Harrison Hot Springs
Phone: 604-845-9642 (Yoga)
E-mail: info@spirityogaonline.com
Web: www.spirityogaonline.com/

The Mission of Spirit Yoga is to bring peace and balance into the lives of the community and others, helping them achieve health and wellness of mind and body. Offering a wide range of Healing methods all rooted in culture and knowledge that comes from wisdom and learning. The centre offers a variety of class, including:

- Hatha/Kriya- A slower style class including breath exercises, a meditation element and a closing sound element for deep relaxation
- Restor’Yoga- A gentle, therapeutic yoga practice that uses yoga postures supported with props to allow the body’s own healing capabilities to awaken
- Yoga Nidra- A class completely in a reclined position, which emphasizes the relaxation of body.
**Hope and District Recreation Center**

**Address:** Suite 1005 - 6th Avenue, Hope  
**Phone:** 604-869-2304  
**Email:** leisure@fvrd.bc.ca  
**Web:** [http://www.fvrd.ca/EN/main/parks-recreation/recreation-centre.html](http://www.fvrd.ca/EN/main/parks-recreation/recreation-centre.html)

The Hope and District Recreation Centre is home to a large pool, a children's fun pool, a whirl pool play park, hot tubs, sauna and steam room, gym and cardio room, an ice rink, curling rink baseball, soccer and football fields, and an outdoor skateboard and bike park. Facilities are available for rent outside of public hours, and make a great venue for group events. They also make a great place to take the family during one of those hot summer canyon days. The Recreation center is open year round.

**Drop in Rates:**

- Regular: $5  
- Mondays: $2 admission for Seniors (55+) until 5:00pm  
- Wednesdays: $2 admission for everyone  
- Fridays: 50% off until 5:00pm  
- Sundays: 1/2 price for Families  
- Special rate of $3.50 for the last hour of public swim

The Hope and District Recreation Centre issues a seasonal Leisure Guide which you can find online. The following are recreation opportunities for people with disabilities or for people with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallow Water Aqua Fit</td>
<td>This is a great class for those looking to try water aerobics for the first time as it is conducted in the shallow end of the pool. The class is led by a qualified instructor and includes some great music to keep you moving.</td>
</tr>
<tr>
<td>Yoga Lite</td>
<td>Yoga Lite is a yoga flow class that will offer you modifications for days when you require it and still challenge your/mind/body connection. The class will finish with floor stretching and relaxation.</td>
</tr>
</tbody>
</table>
Langley Recreation, Culture, and Community Services is dedicated to creating a welcoming and safe environment where everyone can participate in a wide range of recreational opportunities regardless of age, ability, background, or economic status. There are many activities, events, clubs, and classes that people of all abilities can join. See the LRCC recreation guide for more information.

There are 2 components to LRCC’s adapted recreation and leisure options:

A) **Adapted Programs & Services**
B) **Leisure Access Grant Program**

### a) Langley Adapted Programs & Services

Langley Recreation, Culture, and Community Services (LRCC) offers certain programs and services that are adapted to persons with disabilities. LRCC also manages multiple facilities throughout the City of Langley that offer wheelchair accessible features.

The following are recreational programs offered by LRCC that are either a) adapted for persons with disabilities, or b) lower in impact/intensity for those with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Pain Self-</td>
<td>Do you or someone you live with have chronic pain? The University of Victoria is pleased to offer the Chronic Pain Self-Management Program at the Douglas Recreation Center. Peer leaders discuss tools to help break the pain symptom cycle and live a healthier life. This workshop is free but spaces are limited for register early.</td>
</tr>
<tr>
<td><strong>Fraser Health Yoga</strong></td>
<td>This is a partnership program with Fraser Health. Registrants must have approval from Fraser Health to register. If eligible for this program, clients will have a letter from Fraser Health Authority.</td>
</tr>
<tr>
<td><strong>ActivAge – Functional Movement</strong></td>
<td>Are you 65 or older? Wanting to get more physically active? Then ActiveAge is for you! This fun and social program will get you moving in a relaxed and inviting class environment with likeminded people. Functional movement focuses on improving activities of daily living, strengthening muscles used day-to-day. The class includes discussions and handouts to help you improve your overall health and physical well-being. Class sizes are small so register early.</td>
</tr>
<tr>
<td><strong>Chair Yoga</strong></td>
<td>This gentle form of yoga is practiced sitting on a chair or standing and using a chair for support. Chair yoga is a great form of exercise for everyone as it deepens flexibility and strengthens body awareness no matter what your age or ability level. This is an all-level class appropriate for those who have never taken a yoga class before as well as experienced practitioners. Our certified yoga instructor will help find modifications so that every pose can work for you. Deep breathing will be paired with movements to relax the body, increase your mindfulness and awaken the mind-body relationships.</td>
</tr>
<tr>
<td><strong>Gentle Yoga</strong></td>
<td>Gentle Yoga follows the Hatha Yoga principles focusing on a healthy mind-body connection but goes through the various body positions at a slower pace with gentle movements and mindfulness. This class emphasizes safety and is open to all levels-especially beginners. Classes will consist of breathing techniques, strengthening standing poses, floor work, stretching and relaxation. Participants are encouraged to wear layers and bring a light blanket for the relaxation portion.</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go</strong></td>
<td>Created in collaboration with Fraser Health Falls Prevention Initiative, Specialized Geriatric Clinics and OSTEOFIT, Get Up &amp; Go offers an appropriate entry level exercise program for older adults with balance and mobility impairments. This program is designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Get Up &amp; Go Level 1 is suitable for those with no previous experience, the majority of chances are taught while sitting in chairs so mobility challenges are not an issue.</td>
</tr>
</tbody>
</table>
**TIME – Together in Movement and Exercise**

This community-based exercise program was developed to increase access to exercise and physical activity for people with physical disability. This program specifically targets those who have difficulty walking due to balance and mobility challenges brought on by a stroke, MS, or other chronic illnesses. Participants must be able to walk a minimum of 10 meters with or without a walking aid. Each hour long class involves a seated warm-up followed by task related exercise to improve function and mobility for daily living including sit to stand, walking, stepping on and off curbs, bending and reaching.

**Zumba Adapted**

Designed for beginners, the active older population, and those with cognitive and/or physical challenges. This low impact dance fitness class is friendly and fun. Participants will learn easy steps to move with the music using their own abilities.

**LRCC facilities offer the following adapted or accessible features:**

<table>
<thead>
<tr>
<th>Facility</th>
<th>Accessible Features</th>
</tr>
</thead>
</table>
| W.C. Blair Recreation Centre    | • Easy beach access into pool  
|                                 | • Easy transfer into whirlpool  
|                                 | • Pool wheelchairs  
|                                 | • Knowledgeable lifeguards trained in adapted aquatic and fitness programs  
|                                 | • Wheelchair accessible change room                                                                 |
| Walnut Grove Community Centre   | • Easy beach access into pool and therapy hot tub  
|                                 | • Elevated walls in adult hot tub for easy transfer  
|                                 | • Poolside chair lift                                                                 |

**b) Langley Leisure Access Grant Program**

**Tel:** 604-514-2865  
**Web:** [http://www.city.langley.bc.ca/parks-recreation/parks-recreation](http://www.city.langley.bc.ca/parks-recreation/parks-recreation)

The Leisure Access Grant Program is a subsidy program that provides an opportunity for residents with a limited income to participate in a variety of recreation activities.

In order to qualify, the applicant must be a resident of the City of Langley and meet one or more of the following criteria:
• Receive income assistance from the Ministry of Housing and Social Development or assistance from the Ministry for Children and Family Development
• Have an annual income that is below the Statistics Canada Low Income Guidelines. Look at the application form for qualifying income levels. Residents to access leisure opportunities regardless of cost.

If approved, residents can choose one eligible program or pass per person, per season. Eligible programs are advertised in the City of Langley Recreation Guide. Adults and Seniors may choose to apply for a subsidized indoor pool pass (limited funding available.)

Application forms can be picked up at Douglas Recreation Centre, Timms Community Centre, or downloaded from the website.

**F-2 Pacific Riding for Developing Abilities**

| Location: | 1088 208th Street, Langley |
| Tel: | 604-530-8717 |
| Fax: | 604-530-8617 |
| Email: | mklassen@prda.ca |
| Web: | www.prda.ca |

Pacific Riding for Developing Abilities (PRDA) has provided therapeutic horseback riding to individuals with physical, cognitive, and emotional disabilities since 1973. PRDA gives youth and adults with varying disabilities the chance to bond with horses, make lasting friendships, have fun, and receive therapy at the same time. They want their riders to feel like they can challenge themselves knowing that there is a strong support system in place for them should they require help. Balance & coordination, increased confidence, group activity and excitement of movement “free of any mechanical aids” are some of the many benefits. PDRA is recognized as a leader in providing equine assisted therapeutic activities and educational opportunities in an environment that is safe, fun and effective.

Riders can attend four annual sessions, during which a wide variety of programs are offered. Riders from the ages of 2 to 99 participate in competitive, recreational, and/or strictly therapeutic riding. Contact PRDA for more information on how to become a rider. Most lessons cost $30.
**F-3 Valley Therapeutic Equestrian Association**

**Location:** 3330 256th Street, Langley  
**Tel:** 604-857-1267  
**Fax:** 604-857-8953  
**Email:** info@vtea.ca  
**Web:** www.vtea.ca/vtea_wp/

The Valley Therapeutic Equestrian Association (VTEA) is a non-profit charitable organization that has provided therapeutic horseback riding for children and adults with all forms of disabilities since 1983. Their goal is to enhance the quality of life for their clients by improving their physical, mental, and emotional well-being with the assistance of the horse.

New participants must provide a physician referral if they wish to become a rider. Please download this [Physician Referral Form](#). VTEA’s Consulting Physiotherapist conducts an initial assessment and creates a unique riding program for each participant in conjunction with VTEA instructors. Special or adapted equipment may be used and one-on-one instruction and riding volunteers are organized to assist with each lesson. Financial assistance may be available to riders.
BC Adaptive Snowsports (formerly Disabled Skiers Association of BC) is a provincial sport organization responsible for the development and support of adapted snowsport programs throughout BC. In partnership with local clubs and hundreds of volunteers they provide opportunities for all persons with a disability to enjoy the freedom and therapeutic benefits of skiing and snowboarding. They believe everybody, regardless of their disability, has the right to participate in adaptive snowsports. They currently have 12 active adaptive snow sports programs Province-Wide.

BC Adaptive Snowsports provides Adaptive Skiing and Snowboarding lesson programs to participants of all ages with a variety of disabilities. The association also provides learn-to-race programs, opportunities for competitive racing of any level, and opportunities to join their Para-Alpine Ski Team. For those who are interested in volunteering there are clinics provided for volunteer instructors, coaches, and officials.

Programs run throughout BC and operate in the Lower Mainland through Vancouver Adaptive Snow Sports (VASS) at Grouse, Seymour, and Cypress Mountains. VASS makes the mountain experience accessible to all and welcomes participants of all ages and disabilities. Students can use adaptive equipment and/or specialized teaching techniques to maximize their independence on the snow.
VASS offers lesson programs from beginner to advanced skill levels, including snowboarding, sit-ski, stand-up skiing, and advanced adaptive ski racing. All instructors are certified in disabled skiing/snowboarding.

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**G-2  BC Blind Sports and Recreation Association**

**Location:** Suite 170 – 5055 Joyce Street, Vancouver  
**Tel:** 604-325-8638  
**Fax:** 604-325-1638  
**Toll-Free:** 1-877-604-8638  
**Email:** info@bcblindsports.bc.ca  
**Web:** [http://www.bcblindsports.bc.ca/graphic/index.htm](http://www.bcblindsports.bc.ca/graphic/index.htm)

For those with visual complications due to MS, the BC Blind Sports and Recreation Association (BCBSRA) is a well-established organization offering opportunities for recreation, sports, and community involvement to people of all levels of visual impairment.

BCBSRA programs are designed for people of all ages and all skill levels. BCBSRA adult programs are available to those who wish to improve their fitness in their local communities, whether for recreational or competitive purposes. BCBSRA supports all blind/visually impaired athletes: from those who want to simply enjoy health and fitness programs, to those who wish to reach the international and Paralympic level in their chosen sport.

- **Adult recreational programs include:** Ice Skating, Ice Hockey, and a Walking Program.
- **Adult competitive sport programs for non-Paralympic sports include:** Curling, Dragon Boating, Golf, Karate, Lawn Bowling, Powerlifting, Showdown, and Wrestling.
- **Paralympic sport programs include:** Athletics (Track & Field), Biathlon, Goalball, Judo, Skiing (Alpine and Cross Country), Tandem Cycling

BCBSRA will also help parents get their children started in community or school programs, and will help teachers, coaches, and activity leaders ensure that community/school programs are suitable for those with visual impairment.
BC Powersoccer

Location: 780 South West Marine Dr., Vancouver, BC, V6P 5Y7
Tel: 604-251-2030 (Vancouver)
Email:
  - Penticton: c.cunningham@shaw.ca
  - Nanaimo: eyelandliving@shaw.ca
  - Surrey/Cloverdale: inclusion@surrey.ca
  - Vancouver: m.mcleod@telus.net
Web: http://sportabilitybc.ca/programs/power-soccer

BC Powersoccer is a non-profit organization that aims to provide recreational and sporting opportunities to all persons who use power wheelchairs in the form of power soccer. Power soccer is a fast-paced, competitive sport with an international set of regulations, and BC Powersoccer’s mandate is to regulate these rules and to arrange rules meetings to abide by the true nature of the sport.

There are currently 5 power soccer teams in the Lower Mainland and BC Powersoccer encourages people to start a new team if one does not yet exist in their community. BC Powersoccer represents 9 power soccer teams provincially and has representatives from each team in the province, with some BC team members being invited to play at International Powerchair Football Cups in the past. One team from BC also won the Powerchair Football Canada Cup in 2012.

BC Rehab Foundation

Location: Suite 195 – 4255 Laurel Street, Vancouver
Tel: 604-737-6383 Fax: 604-737-6494
Email: info@bcerehab.ca
Web: www.bcrehab.com

The BC Rehab Foundation is a registered Canadian charity supporting people with physical disabilities. BC Rehab is committed to closing the gaps between people with and without disabilities. People are invited to call and find out more about how BC Rehab supports people with disabilities through education, research, wellness programs, arts, and recreation. BC Rehab also fundraises and allocates money to organizations that support people living with physical disabilities in BC.
**G-5 BC Therapeutic Riding Association**

**Location:** 3885B 96th Street, Delta  
**Tel:** 604-590-0097  
**Email:** ponypalstra@yahoo.ca  
**Web:** www.vcn.bc.ca/bctra

Therapeutic riding for the disabled has been recognized for decades as physically, psychologically, and socially beneficial. Horseback riding can strengthen muscles, improve balance and coordination, increase circulation, and decrease spasticity.

Horseback riding increases concentration and improves learning skills. Riders are challenged but also rewarded with a sense of achievement and a general feeling of well-being, self-esteem and self-confidence. A rider with disabilities may also develop a strong bond of respect, trust and kinship with the horse, volunteers and fellow riders.

The BC Therapeutic Riding Association is a registered charitable organization that aims to provide horseback riding as therapy for people with disabilities. The association is experienced in working with people with MS. The association has riding centres for registered members across the province, with four riding centres located in:

- **Richmond** – Richmond Therapeutic Equestrian Society (see **C-3** or page 38)
- **Delta** – Pony Pals Therapeutic Riding Association (**H-2** or page 56)
- **Langley** – Pacific Riding for Developing Abilities (**I-2** or page 59)
- **Maple Ridge** – North Fraser Therapeutic Riding Association (**K-2** or page 71)

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**G-6 BC Wheelchair Basketball Society**

**Location:** 780 SW Marine Drive, Vancouver  
**Tel:** 604-333-3530  
**Fax:** 604-326-1229  
**Email:** info@bcwbs.ca  
**Web:** www.bcwbs.ca

The BC Wheelchair Basketball Society (BCWBS) is a non-profit organization, formed in 1983 and registered with Revenue Canada as a charity since 1985. Since its inception, BCWBS has been a catalyst in creating awareness about disability issues and has provided support to wheelchair basketball programs throughout British Columbia.
Wheelchair basketball is for anyone who wishes to participate, whether for recreation or for competitive sport. BCWBS offers programs to people who have physical disabilities, and there are programs for people from all age groups – from eight-year-olds to seniors.

BCWBS also operates a Wheelchair Loan Program, where Society members can borrow lightweight sports wheelchairs to maximize mobility and performance on the court.

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**G-7  BC Wheelchair Sports Association**

**Location:** 780 SW Marine Drive, Vancouver  
**Tel:** 604-333-3520  
**Fax:** 604-326-1229  
**Email:** info@bcwheelchairsports.com  
**Web:** www.bcwheelchairsports.com

Since 1971, BC Wheelchair Sports has supported the personal growth and athletic development of people with physical disabilities. BC Wheelchair Sports offers quality programs in four member sports and three associate member sports: Athletics, Basketball, Floor Hockey, Rugby, Target Sports, Tennis, and Curling. Programs for each sport are offered at all different skill levels, from novice to elite. Athletes can play on a recreational or competitive level. Junior programs are also available.

BC Wheelchair Sports offers a Wheelchair Loan Program provides athletes with short-term wheelchairs that are tailored to their chosen sport, and can sometimes offer financial assistance to athletes who want to secure their own sports wheelchairs.

Awards, bursaries, and funding are also available for wheelchair athletes who meet certain criteria or who have shown outstanding leadership in their sport.

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**G-8  British Columbia Archery Association – Blind Archery**

**Address:** PO Box 64727 Port Coquitlam, BC, V3B 0H1  
**Phone:** 604-287-8814  
**Email:** arclslem@axionet.com – Susan Lemke  
**Web:** www.archeryassociation.bc.ca
For those with visual complications due to MS, the British Columbia Archery Association runs a blind archery program. For more details contact Susan Lemke, listed above.

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**G-9 Curl BC – Stick Curling and Wheelchair Curling**

**Main Office:** 3713 Kensington Avenue, Burnaby  
**Tel:** 604-333-3616  
**Fax:** 604-667-2875  
**Email:** curling@curlbc.ca  
**Web:** [http://www.curlbc.ca/](http://www.curlbc.ca/)

Curl BC is dedicated to the promotion and development of curling in British Columbia and to the coordination of curling activities on behalf of the member clubs. Most curling clubs offer adaptive stick curling for those who cannot bend down and wheelchair curling for those in wheelchairs. The rules are slightly adapted, but recreational teams can be a mix of regular curlers, stick curlers, and wheelchair curlers. Wheelchair curling clinics for new curlers are offered on a regular basis, please call or check the website to sign up.

Wheelchair curling is available at the following clubs:

**Langley Curling Club**

**Location:** 20699 42nd Avenue, Langley  
**Tel:** 604-530-8218  
**Email:** manager@langleycurlingclub.com  
**Web:** [http://langleycurlingclub.com/](http://langleycurlingclub.com/)

**Marpole Curling Club**

**Location:** 8730 Heather Street, Vancouver  
**Tel:** 604-327-3400  
**Web:** [http://www.marpolecurling.com/](http://www.marpolecurling.com/)

**Richmond Curling Club**

**Location:** 5540 Hollybridge Way, Richmond  
**Tel:** 604-278-1722  
**Email:** doug@richmondcurling.com  
**Web:** [http://www.richmondcurling.com/](http://www.richmondcurling.com/)

**Vancouver Curling Club**

**Location:** 4575 Clancy Loranger Way, Vancouver  
**Tel:** 604-847-0122  
**Email:** info@vancurl.com
Web: [http://vancurl.com/](http://vancurl.com/)

Please note that although most clubs offer stick curling, not all clubs are wheelchair accessible. Contact your local club or the Curl BC office for assistance.

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**G-10 The Disability Foundation**

**Location:** Suite 318 – 425 Carrall Street, Vancouver  
**Tel:** 604-688-6464  
**Fax:** 604-688-6463  
**Email:** info@disabilityfoundation.org  
**Web:** www.disabilityfoundation.org

The Disability Foundation and its six affiliated societies exist to enrich the lives of people with significant physical disabilities by providing recreation and leisure opportunities. The foundation’s six affiliated societies and their respective areas of focus are:

a) **BC Mobility Opportunities Society** – for hiking, kayaking, gliding, and wilderness expeditions  
b) **ConnecTra Society** – finds people links to activities and programs  
c) **Disabled Independent Gardeners Association** – for accessible home and community gardening  
d) **Disabled Sailing Association** – for sailing opportunities  
e) **Tetra Society of North America** – provides assistive devices  
f) **Vancouver Adapted Music Society** – programs for musicians of all levels of ability

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**a) BC Mobility Opportunities Society (BCMOS)**

**Head Office – General Inquiries**

**Location:** Suite 318 – 425 Carrall Street, Vancouver  
**Tel:** 604 688 6464  
**Fax:** 604 688 6463  
**Email:** eric@disabilityfoundation.org  
**Web:** http://www.bcmos.org/main/

**Hiking**

BCMOS’s hiking programs feature the unique TrailRider device: a unique, multi-terrain, single-wheeled access vehicle that is designed for adults or for kids. The TrailRider is powered by two able-bodied individuals (sherpas) and leaves little or no environmental ‘footprint.’ TrailRiders allow BCMOS to plan trips of all difficulty levels for its members, from a stroll through Pacific Spirit Park to a tough trek into the local mountains. They will be making TrailRiders available for guided hikes at Pacific Spirit Park starting in May and in June.
and July they will have a series of hikes exploring the beaches of Spanish Banks. In addition, BCMOS may operate destination hikes that venture further to specific destinations, such as Cypress Falls Park and the Seven Sisters Trail.

To hike with BCMOS, you need to be a member—this costs $10 and includes your first hike. The membership form is located here. Much of each year's destination planning is decided by participants. Everyone is welcome to contact the BCMOS office and suggest a location: eric@disabilityfoundation.org. BCMOS staff will make the arrangements and coordinate equipment and sherpas.

The TrailRider has also been the vehicle of choice for BCMOS’ Access Challenge Program—a multi-day wilderness expedition involving six to ten teams, with each team consisting of one person with a disability and four able-bodied participants.

BCMOS also rents TrailRiders at a rate of $10 per day throughout the year, for those that want to go their own way. Participants will have to arrange every aspect of their own hike. BCMOS also sells TrailRiders. If you would like to rent or purchase a TrailRider please get in contact with Stephen Hunter by phone at 604-688-6464 or by email at shunter@disabilityfoundation.org. If you are planning a hike for yourself, you can visit www.trailpeak.com for a list of TrailRider-friendly hikes.

Kayaking
Location: Jericho Sailing Centre 1300 Discovery St. Vancouver
Tel: 604-688-6464 ext. 117
Email: eric@disabilityfoundation.org
Web: http://www.bcmos.org/main/kayaking.php

BCMOS offers a sea kayaking program that features specially modified, fully accessible two-person kayaks for people with significant physical disabilities. Participants kayak with trained paddlers and navigate the waters near Jericho Sailing Centre along Vancouver’s beautiful shoreline. Kayaking runs June through August from Wednesday to Sunday, 11am to 5pm, at Jericho Sailing Centre.

Paddleboarding
Location: Creekside Community Centre, 1 Athlete's Way, Vancouver, BC V5Y 0B1
Tel: 604-868-7374
Email: bcmospaddling@gmail.com
Web: http://www.bcmos.org/main/paddleboarding.php
BCMOS offers adapted paddleboarding sessions in False Creek. Their paddleboards have been adapted for wheelchair use and outfitted with two outriggers to prevent tipping. All terrain wheelchairs are locked into place on each paddleboard for participants. Each paddling session is one hour long and costs $10. The 2017 season runs from May 24th-August 31st. To book a session, contact Jen Boughner or Kristen Joy-Correll.

b) ConnecTRA Society
Location: Suite 318 – 425 Carrall Street, Vancouver
Tel: 604-688-6464 ext. 115 Fax: 604-688-6463
Email: info@connectra.org
Web: www.connectra.org

ConnecTRA Society’s Connecting Project is helping individuals with disabilities become more involved in their own communities so they can take advantage of opportunities and lead more complete lives. They offer one-on-one support for people with disabilities who want to explore work, social, and leisure options. Participants with disabilities are mentored by volunteers and within 18 months of initiating the project, more than 200 participants have been assigned to 88 volunteers. Volunteers connect with local agencies that offer support and can help explore opportunities including: job seeking, assistive technology, home adaptions, specialized computer equipment, low-tech assistive devices, community health programs and recreation.

c) Disabled Independent Gardeners Association (DIGA)
Location: Suite 318 – 425 Carrall Street, Vancouver
Tel: 604-688-6464
Email: diga@disabilityfoundation.org
Web: www.disabilityfoundation.org/diga

DIGA’s primary goals are to:
- Encourage people with significant disabilities to seek the enjoyment and health benefits available through gardening;
- Provide an opportunity for integrating disabled gardeners with their able-bodied counterparts, creating a gardening community that is blind to physical barriers;
- Provide disabled gardeners with volunteer engineering services for the adaptation and customization of gardening tools, making the activity accessible to all.
DIGA supports these goals through:

- Seasonal workshops held at local gardens, featuring expert speakers & educational programs, all complemented by online and print material;
- Delivery of community-based, in-home volunteer services to disabled gardeners;
- Partnering with the Tetra Society of North America to benefit from their volunteers' skills and experience allowing for the highest quality of adapted tools for our members.

d) **Disabled Sailing Association (DSA)**

**Head Office – General Inquiries**

Location: Suite 318 – 425 Carrall Street, Vancouver  
Tel: 604-688-6464  ext 132  Fax: 604-688-6463  
Email: dsa@disabilityfoundation.org  
Web: www.disabledsailingbc.org

**Summer Office (Late May to Late August)**

Location: Jericho Sailing Centre, 1300 Discovery Street, Vancouver  
Tel: 604-222-3003  Fax: 604-222-3004  
Email: dsasummer@disabilityfoundation.org

Offers sailing for people with significant disabilities. Disabled (or adaptive) sailing promotes freedom and independence. Even people with no movement below the neck are able to sail by themselves, with the use of sip ‘n’ puff technology. Even people who are respirator-dependent are able to sail safely and independently. No other sport or recreational activity can match that level of independence.

The summer office is open Wednesday to Sunday from 11 AM to 4:30 PM. The Disabled Sailing Association Summer 2015 season will begin May 24th and end Friday, August 31st. Individuals can book up to 3 sails at one time and groups of 3 or more can only book one outing at a time. You must be a registered DSA member and your membership must be in good standing before you sail. DSA membership can be handled before sailing if you allow 20 minutes before sailing time. Annual membership is $10 and if you plan to sail more than 4 times, you must purchase a Jericho Sailing Membership for $99. Race club is held every Sunday, between noon and 5pm, except on regatta days

e) **Tetra Society**

Location: Suite 318 – 425 Carrall Street, Vancouver  
Tel: 604-688-6464  ext 108  Fax: 604-688-6463
The purpose of Tetra is to recruit skilled volunteer engineers and technicians to create assistive devices for people with disabilities. This charitable, non-profit program was developed in response to difficulties that people with disabilities experience in their search for greater independence and integration within their communities. The solutions are often simple but can change someone’s life. The Tetra Society is very successful, now operating 45 chapters throughout North America.

Some of the projects designed and built at Tetra include: Communication Aids, Eating/Drinking Aids; Household Aids, Mobility Aids; Personal Care Aids; Recreational/Mobility Aids; Vocational/Educational Aids; Tools for Tykes. Clients can be referred to the Tetra Society by themselves, a family member, or a health professional using the Request Assistance form: www.tetrasociety.org/assistance/RFA.php

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**Vancouver Adapted Music Society (VAMS)**

**Location:** Suite 318 – 425 Carrall Street, Vancouver  
**Tel:** 604-688-6464  
**Fax:** 604-688-6463  
**Email:** vams@disabilityfoundation.org  
**Web:** www.vams.org

The purpose of VAMS is to allow people of all musical levels to express themselves through the composition, performance, and enjoyment of music. With its all-welcoming and encouraging nature, VAMS aims to enhance the quality of life and self-image of its participants.

Using fully accessible equipment, participants can enjoy the provided benefit of instructors, studio time and studio recordings, instrument loans, and technical guidance and support. There are numerous programs for participants to choose from, e.g. café nights, jam sessions, and choir sessions. Participants can also take advantage of two music studios in Vancouver, for either recreational or professional purposes. Many workshops and sessions are held at G. F. Strong Rehabilitation Hospital. VAMS also has affiliates in Victoria, New York and Los Angeles.
G-11 Fishing License Fee Reduction

Address: Fish, Wildlife & Habitat Management Branch
Ministry of Forests, Lands and Natural Resource Operations
PO Box 9391, Stn Prov Govt
Victoria, BC V8W 9M8

Phone: 250-387-9771
1-866-387-9771 (toll-free)
1-800-661-8773 (TTY for people with hearing impairment)

Email: FishandWildlife@gov.bc.ca
Web: http://www.env.gov.bc.ca/fw/fish/licences/#FeeReduction

A disabled BC resident who has an approved Application for an Angling Fee Reduction can buy an annual freshwater fishing license for $1.12. There is no reduced fee for Conservation Surcharges and Classified Waters Licenses.

You can obtain an Application for an Angling Fee Reduction form from any Service BC Centre, www.env.gov.bc.ca/fw/fish/licences/docs/disabled_angling_app.pdf or by writing to:

Fish and Wildlife Branch
PO Box 9391 STN PROV GOVT
Victoria, BC V8W 9M8

Once your Application for an Angling Fee Reduction has been approved, you can buy a license for disabled BC residents through a vendor, a Service BC Centre, or online through this web site.

G-12 Laughter Yoga Canada – Lower Mainland

Web: http://www.laughteryogacanada.org/vancouver/

Laughter Yoga is a series of movement and breathing exercises designed to stimulate laughter and cultivate an inner spirit of joy. A session of Laughter Yoga includes a blend of yoga-based deep breathing, gentle stretching, simulated laughter exercises, and playful games and activities. It is a technique that invites laughter without using jokes or humour.

There are multiple locations for Laughter Yoga club meetings across the Lower Mainland. Find the club that’s closest to you on Laughter Yoga Canada’s website and email or phone the club leader for more information.
on sessions. Clubs that currently offer Laughter Yoga across the Lower Mainland are:

- Inspire Health Integrated Cancer Care (#200-1330 West 8th Ave)
  ▪ akruth@van.bc.ca
- Open Door Yoga (1641 Commercial Drive)
  ▪ orders@gmail.com
- Richmond (#170-5720 Minoru Blvd)
  ▪ Laughing.shelley@gmail.com
- Simon Fraser University (Class Room A, Chancellor Gym)
  ▪ laughtrain@gmail.com
- White Rock Laughter Club (15342 Buena Vista)
- Laughter Yoga North Vancouver (3743 Delbrook Ave)
- Gastown Laughter Club (250 Powell St)
  ▪ chris@universal-laughter.com

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**G-13 Nordic Racers Ski Club**

**Location:** Whistler (Skiing)

**Office Address:** 119-2416 Main St., Vancouver, BC

**Tel:** 604-451-8571

**Email:** “Contact us” form on website

**Web:** [http://nordicracers.ca/](http://nordicracers.ca/)

Nordic Racers Ski Club is an organization of cross country skiers of all abilities and levels. They provide members with opportunities to achieve their goals as recreational skiers, competitive athletes, race officials, coaches, and instructors in a safe, fun and social environment.

The club runs a “Skiing is Believing” Clinic a few times a year for new skiers. Transportation, equipment, and instruction is all provided at a minimal cost. People can then choose to move on to more advanced classes and build their skillset, or ski recreationally. Nordic Racers Ski Club also organizes social activities such as potlucks, dinners, summer training, and trips.

Wheelchair users should be able to transfer with minimal assistance and have enough upper body strength to ski across changing terrain, including going uphills. This program is not suitable for power chair users.

For more information, please email or call the number above and leave a voicemail.
**G-14 Pacific Northwest Scuba Challenge Association**

**Location:** 14286 72nd Ave, Surrey, BC  
**Tel:** 604-525-7149  
**Web:** [http://www.nchpad.org/Directories/Organizations/2599/Pacific~Northwest~Scuba~Challenge~Association](http://www.nchpad.org/Directories/Organizations/2599/Pacific~Northwest~Scuba~Challenge~Association)

The Pacific Northwest Scuba Challenge Association offers fully accredited scuba courses taught by instructors and assistants who are experienced in teaching divers with disabilities. The Association provides instruction and ongoing certification to anyone who wishes to learn how to scuba dive. However, participants must be given approval by their physician and then by an instructor of the Association.

There are monthly club dives at local dive spots as well as diving trips. The club offers access to scuba equipment at reduced rates and resources for financial assistance.

Meetings are in the boardroom of G.F. Strong Rehabilitation Center.

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**G-15 SFU Philosopher’s Café**

**Email:** cafes@sfu.ca  
**Web:** [https://www.sfu.ca/continuing-studies/about/program-units/philosophers-cafe/about-philosophers-cafe.html](https://www.sfu.ca/continuing-studies/about/program-units/philosophers-cafe/about-philosophers-cafe.html)

SFU’s Philosopher’s Café is a series of informal public discussions in the heart of our communities. Since 1998, this award-winning program has engaged the interests of scholars, seniors, students, philosophers, and non-philosophers through stimulating dialogue and the passionate exchange of ideas.

Philosopher’s Cafés are held regularly from September to June all throughout the Lower Mainland, usually in community centers and libraries. All cafés are free to attend and no registration is required. Guides can be mailed to you directly if needed, but all information can be found on the website.

Not all places are wheelchair accessible, call ahead and confirm.
**G-16  Spinal Cord Injury BC (formerly the BC Paraplegic Association)**

| Location: | 780 SW Marine Drive, Vancouver |
| Tel: | 604-324-3611 | Fax: 604-326-1229 |
| InfoLine: | 1-800-689-2477 |
| Email: | info@sci-bc.ca |
| Web: | www.sci-bc.ca |

Formerly the BC Paraplegic Association, since 1957 Spinal Cord Injury BC (SCI BC) has been a vital link for people with spinal cord injuries and other physical disabilities (including MS) to their communities. As over 200,000 British Columbians have a disability that affects their mobility, SCI BC promotes successful independent living for thousands of people with permanent injuries or damage to their spinal cord.

SCI BC services help people overcome the challenge of living with a physical disability. SCI BC offers programs, activities, support, education, and job search strategies to people with MS who live with permanent spinal cord damage.

Examples of recreation and leisure-related activities offered by SCI BC include “Walk N Rolls” for charity, farmer’s market tours, and updates on disability sporting events.

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**G-17  SportAbility BC**

| Location: | 780 SW Marine Drive, Vancouver |
| Tel: | 604-324-1411 |
| Email: | rossm@sportabilitybc.ca |
| Web: | www.sportabilitybc.ca |

SportAbility is a non-profit, volunteer-driven association whose goal is to provide recreational and sporting opportunities to all people with any disability. It is involved in the organization, regulation, and funding of sports for people with disabilities all over the province. A multi-sport and multi-disability organization, athletes are offered opportunities at all levels for recreational and/or competitive purposes. SportAbility helps participants develop technical skills and physical literacy while enriching their quality of life in all aspects – physical, social, emotional, and physiological.

Those who choose to enroll in competitive sport will be classified into a division for a competition. All athletes must be classified to ensure fair and equal competition.

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**G-18 Taoist Tai Chi Society of Canada**

**Web (Canada):** [www.taoist.org/canada](http://www.taoist.org/canada)

**Web (BC):** [http://pacific.canada.taoist.org/content/standard_ca_pacific.asp?name=Canada-Pacific-Home](http://pacific.canada.taoist.org/content/standard_ca_pacific.asp?name=Canada-Pacific-Home)

**Vancouver Branch – Main BC Branch**

- **Location:** 588 East 15th Avenue (at Kingsway), Vancouver
- **Tel:** 604-681-6609  
  **Fax:** 604-681-6692
- **Email:** [vancouver@taoist.org](mailto:vancouver@taoist.org)

**Surrey, Langley, & White Rock Branch**

- **Location:** Suite 106-19232 Enterprise Way, Surrey
- **Tel:** 604-507-0700  
  **Fax:** 604-507-0713
- **Email:** [surrey.bc@taoist.org](mailto:surrey.bc@taoist.org)

The Taoist Tai Chi Society is a volunteer-run, non-profit organization that operates in 26 countries around the globe. Its mandate is to allow people of all ages and health conditions to experience the many benefits of practicing Taoist Tai Chi. Taoist Tai Chi is a gentle art of health and well-being; its slow, graceful movements increase strength and flexibility while improving balance and circulation. People who practice Taoist Tai Chi commonly describe it as a genuine path to improved health and tranquility.

The Society operates 2 branches in the Lower Mainland: the **Surrey, Langley, & White Rock Branch** for Aldergrove, Langley, Surrey, and White Rock locations; and the **Vancouver Branch** for all other Lower Mainland communities.

The Taoist Tai Chi Society of Canada offers Open Practice, Health Recovery (for special health needs), Beginners, and Continuing Classes to its members. Classes are typically 1-2 hours long.

To become a member there is an initial $20 registration fee. Contributions for monthly dues are welcomed. However, for those of low income or for those attending Health Recovery classes, the fee is reduced by application or by donation.
G-19 Trinity Yoga
Tel: 604-739-5890
Web: http://www.trinityyoga.net/

Trinity Yoga offers programs adapted for people of different abilities for self-care. By establishing adaptive, restorative, and therapeutic techniques for individual needs, provides a template for families, individuals and caregivers with which to access the tools and techniques for the benefit of those who have impaired mobility, or a disabling condition. As a therapeutic intervention, the program aims to create a model for healthcare providers, healthcare professionals, those affected by trauma through injury, birth or disease with a preventative and living model of how to cope, to deal with immobility & pain and how to be proactive and preventative therein.

One of the programs offered is The ART of Living Well with Yoga program, a 45-hour Adaptive/Restorative/Therapeutic Yoga Practitioner Program, which establishes practical daily living yoga tools and techniques for the disabled & special needs, aging, PTSD, and their care-givers, family and friends.
H MS SOCIETY RESOURCES

H-1 Programs & Services
a) Knowledge Network & MS Navigators The MS Knowledge Network is the Multiple Sclerosis Society of Canada’s hub of knowledge and navigators, providing consistent, quality MS information and support for anyone in Canada.
b) Peer Support Program Connects individuals living with MS to a peer support volunteer to explore issues, share information and foster support.
c) Volunteer Legal Advocacy Program (VLAP) Provides free advocacy support and legal advice for people affected by MS. Offers assistance navigating the Canadian Pension Plan (CPP) Disability Benefit forms.
d) Self Help Groups A wonderful way to connect with other people affected by MS.
e) Equipment Provision Program Assists people with MS to obtain equipment required to enhance their quality of life.

H-2 Education
a) Newly Diagnosed Workshops This educational workshop includes: MS overview, treatment, emotional impact, and community resources.
b) Workshops Educational workshops for people who want to learn more about MS and a variety of topics.
c) Webpage Visit www.mssociety.ca
d) MSenger Newsletter An electronic newsletter providing time-sensitive, pertinent information on local programs and events, workshops, research, housing, transit updates and related articles.
e) Shared Voices Newsletter Distributed quarterly to MS Society members and includes information on local programs and events, human interest articles, opinion pieces, recipes and book reviews.

H-3 Family Support
a) Kids Up Front Partnership This charitable organization that provides free access to arts, culture, sports and recreation. Children 18 and under who have MS or a parent with MS can participate.

To contact the Multiple Sclerosis Society of Canada call 604-689-3144 OR 1-800-268-7582 (toll free), or email at info.bc@mssociety.ca